



# WORKING WELLNESS

Good Health is Good Business

SEPTEMBER  
2015

*is...*

Childhood  
Cancer  
Awareness  
Month

Prostate  
Awareness  
Month

National  
Childhood  
Obesity  
Awareness  
Month

National  
Cholesterol  
Education  
Month

Leukemia &  
Lymphoma  
Awareness  
Month

## HEALTH & WELLNESS FAIR 2015

### WHAT: HEALTH & WELLNESS FAIR

- **FREE:** Personal health screenings for: Total Cholesterol, HDL & LDL Cholesterol, Triglycerides, Glucose Screening & Blood Pressure Check with immediate results!
- Experts on site to give tips on health related topics such as nutrition, diet & fitness.
- Vendors from our insurance providers and local businesses to answer all of your questions!

WHEN: SEPTEMBER 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>  
9:00am - 2:00pm

WHERE: MURRAY NELSON GOVT. CENTER SEPT. 22<sup>nd</sup>  
MARATHON GOVT. CENTER SEPT. 23<sup>rd</sup>  
HARVEY GOVT. CENTER SEPT. 24<sup>th</sup>

WHY: FOR A HEALTHIER YOU



TO REGISTER:

<https://pickatime.com/client?ven=11606590>

PRIZES PRIZES PRIZES

1<sup>ST</sup>  
PLACE

Be on the look out for a second **SPECIAL EDITION HEALTH & WELLNESS NEWSLETTER** featuring event highlights & **PRIZES!**

For more  
information on these  
observances or  
future observances,  
go to U.S.  
Department of  
Health and Human  
Services at  
<http://healthfinder.gov/NHO/nho.aspx>



## SPOTLIGHT OF THE MONTH: WELLNESS CORNER

### Don't pay more than you should— Shop, compare and save money.

You have choices when it comes to the cost of your health care.

- The quality and price of medical services can vary depending on where you go for office visits, imaging services, and surgery, including inpatient and outpatient care.
- Compare quality and cost before you go, and then decide what's best for your care.
- Cost estimates are based on your plan and where you stand with your deductible.\* Your costs are lower after your deductible is met—pay only coinsurance or a copay for in-network services.
- To get cost estimates, simply log in at [floridablue.com](http://floridablue.com) and select **Compare Medical Costs** under **Tools**.

Check doctor ratings.

- See ZAGAT® patient reviews on important factors like trust, communication, availability and environment.
- To read reviews, log in at [floridablue.com](http://floridablue.com). Once you find a doctor using the search tool, click **Details** under the name, then **See Patient Reviews**.

We're here to help:



**Click**  
Log in at [floridablue.com](http://floridablue.com).



**Call**  
a Care Consultant at 1-888-476-2227.



**Visit**  
us in person at a **Florida Blue Center** near you. Visit [floridablue.com](http://floridablue.com) for locations.

**Florida Blue**   
In the pursuit of health™

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association. 73114 0812

#### Surgery Cost Example\*

Inpatient or Outpatient Select back, leg, pelvis & more!	Cost Range Your actual cost can be estimated by a Care Consultant
Health Care Facility A	\$21,710 - \$24,423
Health Care Facility B	\$17,752 - \$19,970
Health Care Facility C	\$13,197 - \$15,395

#### Imaging Cost Example\*

MRI, Scan or X-ray Select ankle, back, foot & more!	Your cost Before your deductible is met
Imaging Facility A	\$797
Imaging Facility B	\$689
Imaging Facility C	\$1,569

#### Office Visit Cost Example\*

Primary or Specialist Select allergy, cardiology, dermatology & more!	Your cost Before your deductible is met
Health Care Provider A	\$181
Health Care Provider B	\$326
Health Care Provider C	\$177

\*On [floridablue.com](http://floridablue.com), you'll also see a detailed cost break down, plus the health care provider or facility name, phone number, address, credentials, quality programs, approvals if needed, and patient ratings when available.

\*Since surgery may involve multiple services and health care providers, you'll be able to compare cost ranges and then speak to our Care Consultants for actual cost estimates based on your plan.

## SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation\*\*.

**\*\* For employees that missed the EAP Workshop in June:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.



Available 24/7 @ 1-877-747-1200

Or

Check out their website

<http://www.accessqhs.com/>



## COMP CORNER

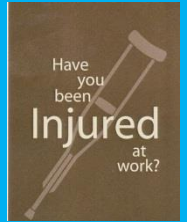
*Providing you with continuous general information on your Workers' Compensation benefits.*



### **Call 911**

*In the event of serious injury or work related illness during normal work hours or after normal work hours.*

**When in doubt call 911 .**



To report non-emergency injuries or illnesses during normal work hours,  
**Call 305-292-4507.**

To report non-emergency injuries or illnesses *after* normal work hours,  
**Call 305-295-4353.**

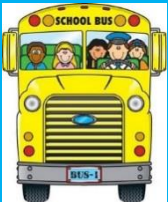
All injuries or illnesses must be reported as soon as possible but *no later* than 24 hours or fines and penalties may be imposed by the state and or the claim may be denied.

**Supervisors must notify the Workers Compensation Office at 305-292-4507 or 305-292-4451 immediately.**

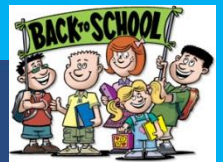
**If you need assistance with W/C please contact Tammy Sweeting @ (305) 292-4507.**

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## *A word from the Safety Officer*



### Look Out For The Children



If you are going the same way as a school bus that is flashing red lights and has the stop arm extended, **you must stop** behind the bus and cannot move until the bus retracts the stop arm and turns off the flashing red lights.

If you are going the opposite way of a school bus that is flashing red lights and has the stop arm

extended, **you must stop** in front of the bus and cannot move until the bus retracts the stop arm and turns off the flashing red lights -- **UNLESS:**

- 1) - you are going the opposite direction,
- 2) - you are on a divided highway,

**and**

3) - the divided highway has either a five-foot unpaved space or a physical barrier separating the roadways.

If **ALL THREE** of the above are present, you should continue driving at a legal speed, but with an increased awareness that **children are in the vicinity.**

